



The Prospector

Sitka Pioneers' Home

April 2017 Vol.37 No.4

Resident Birthdays

<i>Maureen Roberts</i>	<i>4-4</i>
<i>Bertha Johnson</i>	<i>4-6</i>
<i>Theodore "Ted" Mukpik</i>	<i>4-13</i>

Staff Birthdays

<i>Lisa Partido</i>	<i>4-02</i>
<i>Jeilen Antolin</i>	<i>4-12</i>
<i>Angie Adzuara</i>	<i>4-14</i>
<i>Sheila Olson</i>	<i>4-16</i>
<i>Glady Taccad</i>	<i>4-22</i>
<i>Nikki Beach</i>	<i>4-26</i>
<i>Maryanne Abarientos</i>	<i>4-27</i>
<i>Brian Weddel</i>	<i>4-27</i>
<i>Mary Joy Malassak</i>	<i>4-28</i>

*We will celebrate March birthdays
at Home Happenings
on Friday, April 28th.*

Scuttlebutt...

Mary Soltis has joined the Nursing crew as an RN II. She has been getting orientated and seems to be enjoying herself as she gets to know everyone. Please welcome Mary as you see her!

Rocel Agbayani and Michael Sibayan's baby is due at the end of April! We can't wait to see the little bundle of joy and couldn't be more excited for Rocel and Michael as they enter parenthood together!

Edna Nicolo and Marc Vidad are also expecting, but we will have to wait to find out more from her about their second little one as things are still pretty early on. :)



March Happenings



Many volunteers joined us for a pizza party in honor of their dedication and service to the Elders of Sitka Pioneer Home. Thanks again!



Thanks to a donation by Paris Simpson several years ago we have these beautiful collectable plates to display!



Coffee Crew— These gals informally meet for coffee, but this is starting to look official. They reported that they were 'up to no good, as usual.' Glad to see nothing has changed!

Mt. Edgecombe Pre-School put on a mini wearable arts show and got everyone dancing as they showed off their homemade artful outfits. Cuteness overload!



Calendar Updates!

On the Community Calendar:

Rainy Day Bazaar

Sat. April 1st at 9am-3pm
Centennial Hall

Music without Borders

Sat. April 1st at 7pm
Performing Arts Center

St. Baldrick's Shave-a-thon

Fri. April 7 @ 6pm
Sitka Elks Lodge

Fine Arts Camp Dance Recital

Fri. April 14th at 7pm
Performing Arts Center

Duet Monthly Grind

Sat. April 29th at 7pm
Naa Kahidi House

Sitka Pioneer Home Calendar:

- **Paddling Greenland**
- **Ventures Kids**
- **4H Kids**
- **Easter Party**
- **Garden Box Planting**
- **Celebration of Life for Tom**
- **Natural History Film Series Screening**

See the Activity Calendar for more daily events!

Guest Speaker

Gail Ferris

Presents:

Paddling Greenland

Tuesday, April 4th, 2017

@ 2:00pm

In the Chapel

Gail paddled all over
Siberia, Greenland,
Canada, and Alaska in
the early '90s.

Join us to take part in
reliving the adventure!



Easter Party

Easter craft, baby bunnies,
egg dying, treats and more!

Friday, April 14th @ 1:30pm

In the Main Lounge



Earth Day Garden Box Planting

Help plant the Front Porch Garden

It will be a diverse selection of edibles including herbs, vegetables, and tomatoes. This variety of garden goodies will be fun to plant, grow and harvest from the comfort of our own front porch!

We will plant in the Main Lounge then roll the garden out to the porch where it will benefit from the protection and warmth of the sunroom atmosphere while also getting fresh air.

When harvest time nears we will tour around the home to show how much everything grew!

Friday, April 21st, at 10:00am in the Main Lounge

2017 Rummage Sale!

**May 12th, 2017 @ 9am-3pm &
May 13th, 2017 @ 9am-12pm**

In the Rec. Kitchen

**Anyone wishing to donate items to be sold
please see Pam S or Skye W**





Welcome Vance Kendall

Vance R Kendall was born on October 10th 1949 in Seattle Washington. His family moved to Douglas, Alaska, and worked in the fishing industry in Southeast. Vance served in the Navy as a Deck Seaman in Vietnam. He was stationed on the USS Midway. Vance then worked 25 years as an electrician in Southeast Alaska. Vance has one son, Jordon, who is a teacher. His son, daughter-in-law, Electra, and granddaughter, Nica, reside in Juneau.

*We welcome Vance to
R-House Neighborhood
and the Sitka Pioneer
Home!*

Betty DiCicco Honored Woman at SAFV Dinner

Sitkans Against Family Violence has announced the finalists for the 19th Honoring Women dinner and silent auction, scheduled in April, at Centennial Hall.

Honorees are Betty DeCicco, Kathy Hope-Erickson, Lisa Busch, and Valerie Edwards.

They will be recognized for their dedicated work to enrich the community either as volunteers or professionals.

Some places where Betty has volunteered in Sitka (for the past 17 years): Sheldon Jackson College, Sitka Visitors Bureau, Sheldon Jackson Museum, White Elephant, National Park Service, Legislative Information Office, Brave Heart and Sitka Pioneer Home. Betty is also very involved with Alaska Day and she has a reading buddy who enjoyed his time with her so much that he asked to keep meeting even after their sessions would have ended.

What an honor for Betty to have been selected for this recognition.

Please congratulate Betty when you see her.

St. Patrick's Day Horse Race Winners:

1st Place– Northern Lights ‘North’n Lighting’

2nd Place– North Star ‘Shamrock’

3rd Place– Garden Park ‘Brown Beauty’



Above (from left): Sue & Susie (Ocean View), Melba, Natalie, Jill & Riley (R-House), Anna & Shari (Garden Park), Jean & Barb (North Star), and Rolly, Fredi & Martha (Northern Lights).

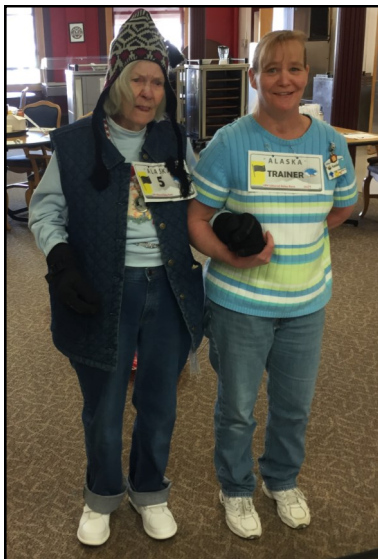
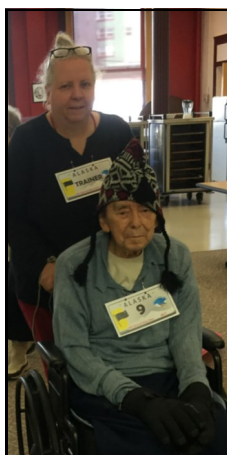
1st prize is a \$50 gift certificate to Agave Restaurant for a neighborhood pizza party!



The 3rd Annual SPH

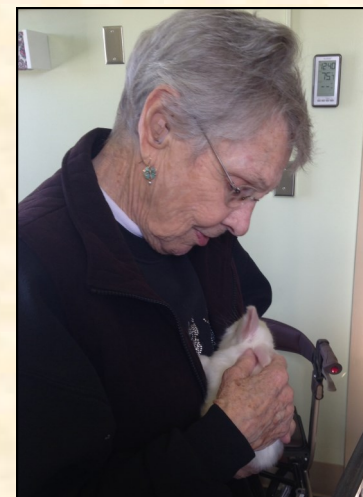
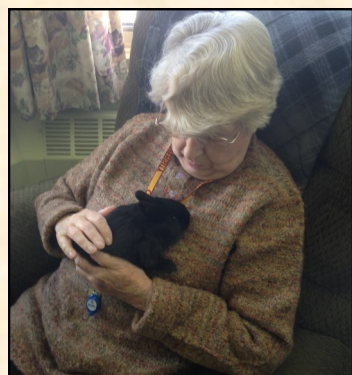
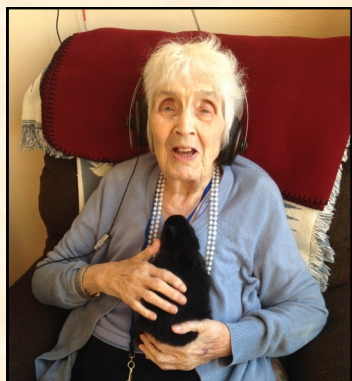
I N D O O R I D I T A R O D

Relay Race



Chicken Dance– Bonnie and Skye introduced everyone to the Chicken Dance at music one Friday morning. It was a spontaneous bit of fun for all who were there!

It's hard to bring something more cute than a bunny, so we found baby bunnies! Rolly's son, Aaron, raises them and we got to cuddle them for an afternoon...we think it is safe to say that the bunnies and Elders thoroughly enjoyed themselves!



Snow days in March! More fun in the snow with Riley and Skye building a snow 'Gardener' and snow 'Mister' at the front of the Home to welcome passersby and visitors. Riley also decided that a snow angel would be fun...it was!



Our Eden Alternative journey focus for April, May and June...

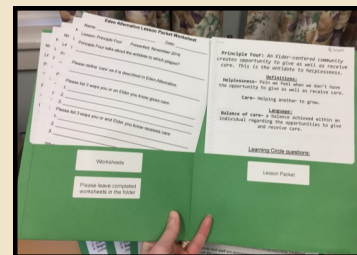
Principle Six: *Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health.*

Pick up the Eden Lesson Packets in the green folders on each neighborhood!

Prioritize your ongoing Eden education.

Any questions? Ask Skye!

Pick up the worksheet, fill it out, and turn it in by April 7th.



Meetings:

Certified Eden Associate (CEA): Friday, April 7th @ 10:00am

Resident Council: Wednesday, April 12th @ 1:00pm

February Home-wide Eden Neighborhood Team Meeting:

Friday, April 7th 2017 @ 1:30pm in the Main Lounge

Agenda: Introduce Principle 6

Sitka Pioneer Home is going to put on a Certified Eden Associate Training in the near future. Skye and Dayna will be co-educators for this training. This will be a huge move forward in the Eden Journey for SPH! Anyone interested in learning more about Eden should talk to Skye or Dayna right away!

***Remember to look to the Certified Eden Associates for support:**

Dayna Arnold, CEE, Skye Workman, CEE, Saori Handy, Katy Rouse, Chris Davison, Mayjoy Dasalla-Castro, Dolores Doggett, Pam Samuelson, Patty Ady, Pat Kehoe-Pendell, Shari Carroll, Lisa Partido, Minda Manuel, Brian Weddel, & Fredi Young

More Eden Moments...The Workman Kids visit.



Resident Meeting Minutes Wed. March. 8th, 2017 @ 1:30pm in the Rec. Kitchen

Attending: Galen I, Anna W, Donna G, Fred H, Dottie K, Fredi Y, Sue H, Greg O, Kitchen Manager, Skye W, RTI and Dayna A, Administrator.

Food Forum:

The 6 week menu cycle is being organized and the recipes are being updated into the system so it will be easier for the staff to keep a set standard. If there are adjustments that you would like to see made, please contact Greg at any time. Greg would like to host a cooking group for a mutual learning experience (details to be announced).

Old Business:

Regarding adding activities on each neighborhood...4H Club is going to continue to meet weekly on Northern Lights or North Star neighborhoods. Any ideas for activities on other neighborhoods are welcome and encouraged.

Agenda Items:

- Preschool 'wearable arts show' in the main lounge at 2:30pm 3/9.
- Skye will collect the Eden Lesson Packets that are on each neighborhood on the morning of 3/10.
- Home-wide Eden Neighborhood Teams Meeting Friday 3/10 at 1:30 in the Main Lounge. We will have a visit from some baby bunnies!
- Upcoming events. St. Patrick's Day Horse Race is next Friday, First Day of Spring is Monday, March 20th. March Home Happenings –volleyball. Easter is April 16th this year... we will plan to do an Easter gathering on Good Friday, April 14th.

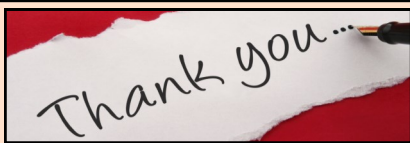
New Business:

- There is a large TV that was donated and the Leadership team is looking to hook up somewhere in the home. The attendees suggested a trial in the Main Lounge and another possible location is the Chapel. It was noted that the TV in the Main Lounge is often not functioning correctly.
- The topic of selling things that are not needed and being more careful about accepting donations was discussed.
- There was a small poll done regarding the location of the Resident Meetings. The three options offered were the Rec. Kitchen (current location), the Main Lounge, and the Chapel. The attendees would like to see an all inclusive vote on this. Skye will conduct a vote.
- Working on the Eden Alternative Vision Statement for the Home that will reflect the journey of this Home. Skye will hand out large print copies of the drafts for resident feedback.
- Attendees would like to thank the maintenance crew for fixing the sidewalk by the Manager's House.
- Fredi is looking for bubble wrap (small bubbles) and grocery bags for the gift shop.
- The attendees thanked Dayna for all she is doing to keep the residents happy and the home running smoothly. They also thanked Becky for her help with getting PFDs filed.
- Pam Samuelson, Environmental Services Foreman, is planning for her retirement this year.

Administrator's update:

Ron Sievels, from the APH Advisory board, visited for a few hours this week and toured the home from top to bottom. He was impressed with the condition of 'this old home.' the new front porch completion time is the end of March. There are new contracts for a rate increase that will take effect in April, this will be a smaller increase than the last one. Thank you to the recreation staff for all the activities; the Main Lounge seems to have lots of things going on. The 12.5 hour shifts for the RNs has been in progress for a month; feedback from residents is appreciated.

Respectfully submitted, Skye Workman, Recreation Therapist I



Sitka Flowers donated 3 beautiful bouquets of roses. Thank you, Sitka Flowers; they were lovely and their presence in the Main Lounge was well-received.

Tama donated massage sessions in honor of Elaine. Tama is a talented relaxation and therapeutic masseuse. She has a really calming nature and it was so kind of her to offer her talent in honor of beloved Elaine. Thank you, Tama.





Tama donated a couple of boxes of Girl Scout cookies. Thank you for feeding the Cookie Monster in all of us!

The Keet Pen Pals: Isabella, Audrey, Silas, Chance, Kaelynn, Jaira, and Kat have been writing diligently to the Pioneer Home Pen Pals. They will be finishing up fourth grade and their official pen pal meetings will conclude at the end of April. Thank you for coming up with the idea of writing to the Elders and sticking with it (since November). We have enjoyed getting to know each of you and even meet in person a few times! Here are a few pictures of a visit recently during Bingo.



Greater Sitka Arts Council Wearable Arts Show models and artists took the stage at the Home recently. We even got attention from the Daily Sitka Sentinel and made front page. Thank you to Jeff Budd for organizing the visit and rounding up 5 models to show off their outfits. The theme this year was “9 lives” and each person had a unique play on what that meant for their piece. Thank you for taking the time to come in and show off your works of art!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>APRIL 2017</div>			<div>  <p>Flower: Sweet Pea</p> </div>	<div>  <p>Birthstone: Diamond</p> </div>		<div> <p>9:00am Visits 1</p> <p>9:30am Catholic Service</p> <p>10:00am Debbie's Violin Class</p> <p>1:30pm Spring Craft</p> <p>4:00pm To Be Announced!</p> </div>

<div> <p>12:45pm Connor on Piano</p> <p>2</p> <p>8:00am Neighborhood Visits</p> <p>11:00am Exercise</p> <p>1:30pm Bingo</p> <p>2:30pm Bonnie</p> <p>6:00pm Knitting</p> </div>	<div> <p>3</p> <p>9:10am Pre-School Visit</p> <p>9:30am Nail Care w/Rolly</p> <p>9:30am Ceramics</p> <p>1:00pm Strong & Steady</p> <p>2:00pm Paddling Cerealand</p> <p>5:30pm Folk Music</p> </div>	<div> <p>4</p> <p>10:30am Protestant Service</p> <p>11:15am Gospel Music</p> <p>1:30pm Bingo: RHouse</p> <p>3:30pm Ventures Kids</p> <p>5:30pm Music</p> <p>6:00pm Draw / Paint</p> </div>	<div> <p>5</p> <p>9:00am Shopping</p> <p>9:30am Storytelling</p> <p>10:00am Biblical Fun</p> <p>1:00pm Strong & Steady</p> <p>1:30pm Pre-School Visit</p> <p>3:00pm 4H Visit</p> <p>5:30pm Golden Oldies</p> </div>	<div> <p>6</p> <p>8:00am Neighborhood Visits</p> <p>10:00am Eden Associate Meeting</p> <p>11:00am Exercise</p> <p>11:15am Old Favorites</p> <p>1:30pm Howe-wide Eden Neighborhood Towns Meet-</p> </div>	<div> <p>7</p> <p>9:00am Visits</p> <p>9:30am Catholic Service</p> <p>10:00am Debbie's Violin Class</p> <p>1:00pm Ice Cream Social</p> </div>	<div> <p>8</p> </div>
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<div> <p>12:45pm Connor on Piano</p> <p>9</p> <p>8:00am Neighborhood Visits</p> <p>11:00am Exercise</p> <p>1:30pm Bingo</p> <p>2:30pm Bonnie</p> <p>6:00pm Knitting</p> </div>	<div> <p>10</p> <p>9:10am Pre-School Visit</p> <p>9:30am Nail Care w/Rolly</p> <p>9:30am Ceramics</p> <p>1:00pm Strong & Steady</p> <p>5:30pm Folk Music</p> </div>	<div> <p>11</p> <p>10:30am Protestant Service</p> <p>11:15am Gospel Music</p> <p>1:00pm Resident Meeting</p> <p>2:30pm Bingo: RHouse</p> <p>5:30pm Music</p> <p>6:00pm Draw / Paint</p> </div>	<div> <p>12</p> <p>9:00am Shopping</p> <p>9:30am Storytelling</p> <p>10:00am Biblical Fun</p> <p>1:00pm Strong & Steady</p> <p>1:30pm Pre-School Visit</p> <p>3:00pm 4H Visit</p> <p>5:30pm Golden Oldies</p> </div>	<div> <p>13</p> <p>8:00am Neighborhood Visits</p> <p>11:00am Exercise</p> <p>11:15am Old Favorites</p> <p>1:30pm Easter Party</p> </div>	<div> <p>14</p> <p>9:00am Visits</p> <p>9:30am Catholic Service</p> <p>10:00am Debbie's Violin Class</p> <p>1:30 Singpiration</p> </div>	<div> <p>15</p> </div>
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<div> <p>12:45pm Connor on Piano</p> <p>16</p> <p>8:00am Neighborhood Visits</p> <p>11:00am Exercise</p> <p>1:30pm Bingo</p> <p>2:30pm Bonnie</p> <p>6:00pm Knitting</p> </div>	<div> <p>17</p> <p>9:10am Pre-School Visit</p> <p>9:30am Nail Care w/Rolly</p> <p>9:30am Ceramics</p> <p>1:00pm Strong & Steady</p> <p>5:30pm Folk Music</p> </div>	<div> <p>18</p> <p>10:30am Protestant Service</p> <p>11:15am Gospel Music</p> <p>1:30pm Bingo: RHouse</p> <p>3:30pm Ventures Kids</p> <p>5:30pm Music</p> <p>6:00pm Draw / Paint</p> </div>	<div> <p>19</p> <p>9:00am Shopping</p> <p>9:30am Storytelling</p> <p>10:00am Biblical Fun</p> <p>1:00pm Strong & Steady</p> <p>1:30pm Pre-School Visit</p> <p>3:00pm 4H Visit</p> <p>5:30pm Golden Oldies</p> </div>	<div> <p>20</p> <p>8:00am Neighborhood Visits</p> <p>10:00am Garden Box Planting</p> <p>11:00am Exercise</p> <p>11:15am Old Favorites</p> <p>1:30pm Celebration of Life for Tom True</p> </div>	<div> <p>21</p> <p>9:00am Visits</p> <p>9:30am Catholic Service</p> <p>10:00am Debbie's Violin Class</p> <p>1:30pm Karaoke/ Singing</p> </div>	<div> <p>22</p> </div>
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<div> <p>12:45pm Connor on Piano</p> <p>23/30</p> <p>8:00am Neighborhood Visits</p> <p>11:00am Exercise</p> <p>1:30pm Bingo</p> <p>2:30pm Bonnie</p> <p>6:00pm Knitting</p> </div>	<div> <p>24</p> <p>9:10am Pre-School Visit</p> <p>9:30am Nail Care w/Rolly</p> <p>9:30am Ceramics</p> <p>1:00pm Strong & Steady</p> <p>5:30pm Folk Music</p> </div>	<div> <p>25</p> <p>10:30am Protestant Service</p> <p>11:15am Gospel Music</p> <p>1:00pm Natural History Film Screening</p> <p>2:30pm Bingo: RHouse</p> </div>	<div> <p>26</p> <p>9:00am Shopping</p> <p>9:30am Storytelling</p> <p>10:00am Biblical Fun</p> <p>1:00pm Strong & Steady</p> <p>1:30pm Pre-School Visit</p> <p>3:00pm 4H Visit</p> <p>5:30pm Golden Oldies</p> </div>	<div> <p>27</p> <p>8:00am Neighborhood Visits</p> <p>11:00am Exercise</p> <p>11:15am Old Favorites</p> <p>1:30pm Howe Happenings</p> </div>	<div> <p>28</p> <p>9:00am Visits</p> <p>9:30am Catholic Service</p> <p>10:00am Debbie's Violin Class</p> <p>1:30pm Karaoke/ Singing</p> </div>	<div> <p>29</p> </div>
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*Please feel free to contact the Activities Department if you would like a copy of our calendar! * Note: Activities are subject to change